FSH TECHNOLOGY EXPO Jan. 27 10 a.m.-2 p.m. Sam Houston Club Event is free for military, civilian and contract personnel

MLK, KEEPING THE DREAM ALIVE

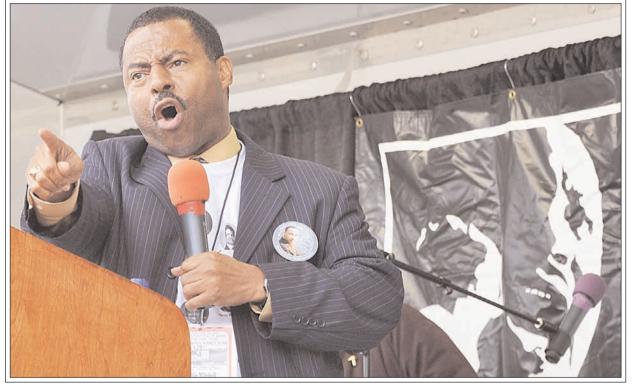


Photo by Esther Garcia

Former Fort Sam Houston Chaplain, now Reverend Otis Mitchell recites the famous Martin Luther King, Jr., "I have a Dream" speech Jan. 18 during activities at the annual Martin Luther King, Jr. March in San Antonio. Thousands took part in this year's march that drew marchers from all walks of life. Mitchell, chairperson for this year's march, said, "People ask me why San Antonio has the largest MLK march with over 100,000 people and I say even though San Antonio has less than 8 percent African Americans, San Antonians understand that Martin Luther King was a leader for all the people, not just a civil rights leader." See related story and more photos, pages 14-15.

470th MI Brigade responds quickly to Haiti crisis

By Gregory Ripps 470th MI Brigade Public Affairs

In response to the president's call for action, U.S. Army South's 470th Military Intelligence Brigade immediately deployed intelligence teams to assist in disaster relief and sustainment support to Joint Task Force Haiti and Operation Unified Response aiding earthquake victims in Haiti.

Though the 470th is currently in Iraq, Afghanistan and many countries in South and Central America, the brigade began rapidly building additional disaster-relief intelligence teams from forces not already deployed, sending them as part of 82nd Airborne Division's early-entry forces and the ARSOUTH effort, exercising Title X authority to command and control sustainment support for JTF Haiti and U.S. Southern Command.

While relief groups carrying medical supplies wait-

See 470TH P10

New medical clinic named for Texas native, war hero

By Steve Elliott FSH Public Affairs

On a military installation dedicated to training the warfighter, it's a fitting tribute to have a clinic dedicated to a medic who died a hero on the battlefield.

The Spc. Taylor J. Burk Medical Clinic at Camp Bullis opened its doors Jan. 13, almost five years after its namesake, an Army medic with the 1st Battalion, 8th Cavalry Regiment, 1st Cavalry Division, was killed in Iraq after an improvised explosive device hit the vehicle in which he was traveling on Jan. 26, 2005. (See associated story on pages 4-5 for more about Specialist Burk's life.)

The new 15,823-square-foot facility is located in Building 5206, directly across from the flagpole at the training site. It cost \$6.5 mil-

lion to build and replaces a smaller modular building next door that was temporarily designed to meet the health care needs for Soldiers training at the 27,000-acres-plus site.

Construction began in June 2008 and wrapped up 500 days later in November 2009. After bringing in all the furnishings and

See CLINIC P4



Lab technician Spc. Hiram J. Virchis checks a sample under the microscope. The new lab can handle tests faster and more efficiently, reducing wait times from days to minutes. Photo by Steve Elliott

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BRAC construction project tied to movement of more than 2,000 positions to Fort Sam Houston

The U.S. Army Corps of Engineers, Fort Worth District has awarded a \$26.4 million contract to construct a new head-quarters building for the Army's Installation Management Command which will move to Fort Sam Houston from Arlington, Va., as part of the ongoing Base Realignment and Closure process.

Moving IMCOM to Fort Sam Houston is expected to bring more than 2,000 military and civilian positions to the post.

The 168,000-squarefoot headquarters building will be built adjacent to four historic structures being renovated to provide additional administrative space for the command.

IMCOM oversees all facets of managing Army installations around the world, including maintenance of the roads, grounds, and lighting; new construction; barracks and Family housing; food management; environmental programs; Soldier and Family Morale, Welfare, and Recreation programs; logistics; and installation funding.

The headquarters building is scheduled to be finished in the spring of 2011.

This contract is the first of 26 expected to be awarded in fiscal year 2010 for BRAC and other military construction projects in San Antonio.

The projected value of these contracts exceeds \$390 million.

During the past two fiscal years, contracts

worth almost \$2 billion have been awarded through the San Antonio BRAC and military construction program.

Construction contractors that receive contracts continue to hire many subcontractors from the San Antonio area to help complete their projects.

The rapid pace of construction has put the San Antonio BRAC program on track to complete several projects in 2010.

Thought of the Week

By the end of the fiscal year in September, it is anticipated that more than 20 facilities will be ready to support military missions and personnel relocating to San Antonio.

Representatives of the Army Corps of Engineers are working on the San Antonio BRAC construction program as members of the Joint Program Management Office, which oversees BRAC project design and con-

(Source: Bits & Pieces, November 2009)

Judge thyself with the judgment of sincerity, and thou wilt

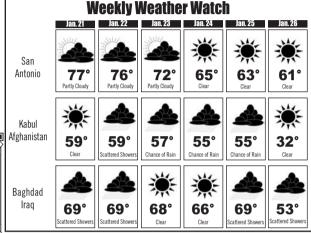
judge others with the judgment of charity. — John Mason

struction.

The JPMO is a joint military service entity that represents a partnership between the Corps, the Air Force Center for Engineering and the Environment and

the Naval Facilities Engineering Command, and is supported by private sector contractors.

(Source: U.S. Army Corps of Engineers)



(Source: Weather Underground at www.wunderground.com)

News Briefs

Voting Assistance Workshop

Voting Assistance Workshops will be held Jan. 21 at 9 a.m., 11 a.m., 1 p.m. and 3 p.m. at Army Community Service, Building 2797. Unit and installation Voting Assistance Officers will receive critical information, resources and to make sure they can successfully perform their duties. To register, call 295-8518.

JAG Closure

The Office of the Staff Judge Advocate, Claims Division, and the Legal Assistance Office will close Jan. 25 at 1:30 p.m. for an Article VI visit by OTJAG. The offices will reopen Jan. 26 at regular duty hours. In case of an emergency, call the On Call Duty Officer at 393-3042.

Technology Expo

The Fort Sam Houston
Technology Expo will be held Jan.
27, 10 a.m.-2 p.m. at the Sam
Houston Club. Over 30 exhibitors
will demonstrate the latest in
communications, printing, storage solutions, networking mobile
technologies, data management
and more. The event is free and
open to military, civilian and contract personnel. Call 443-5612416 or visit http://www.
FederalEvents.com.

Consolidated Monthly Retirement Ceremony

The consolidated monthly retirement ceremony will be held Jan. 28, 7:45 a.m. at Army Community Service, Building 2797.

Winans and Nursery ACPs

In December, for a trial period, Department of Emergency Services extended the hours of operation at the Winans and Nursery ACPs from 10 p.m. to 12 a.m. on Fridays and Saturdays. This trial period was to assess the volume of traffic coming and leaving the installation at those ACPs during that time slot. Starting Feb. 1, the Winans and Nursery ACPs will return to normal operating hours, Monday-Friday, 4:30 a.m.-10 p.m., Saturday-Sunday and holidays, 6 a.m.-10 p.m.

Army Family Covenant: An In-Depth Look

By Amanda Stephenson

Morale, Welfare and Recreation

By now you may have seen posters and flyers around Fort Sam Houston advertising the Army Family Covenant.

And you may ask yourself: What is it?

Unveiled in October 2007, the Army Family Covenant is a commitment by the secretary and chief of staff of the Army to deliver high-quality programs to Soldiers and Families commensurate with their service.

Through the covenant, the Army pledges to:

- Standardize Family programs and services;
- Ensure health care is better and easily accessible;
- Improve housing for Soldiers and Families;
- Make certain schools, youth services and child care centers are a priority; and
- Expand career and education opportunities for Army spouses and children.

Many examples of the AFC can be seen on Fort Sam Houston.

The Child, Youth & School Services Middle School Teen Center opened October 2009.

The 20,668-square-foot center is one of the first Base Realignment and Closure facilities to be built for the Department of the Army Child and Youth Services Division. The 60-person-capacity modular building will provide age-appropriate programming for grades six through 12.

Designed with input from youth, the center features game systems including the Wii, Play Station 2, Nintendo DS, Dance Revolution and Xbox, music, board games, art supplies and plenty of sports including a ping pong table, outdoor pool table, and a rock climbing wall.

Dodge balls, tennis balls and scooters are available for use; plus computers in the computer technology lab, an area for culinary arts, activity rooms, and a multipurpose room with adjustable basketball goals.

Soldiers and Families enjoyed this year's Fiesta and Oktoberfest events, which featured activities for all ages to enjoy from live bands, to carnival rides, to Radio Disney performances.

Events such as Military Appreciation Days, outdoor movie nights, bowling parties and Family fun days are aimed to provide a safe, communityoriented environment for Soldiers and Families.

"I am very pleased to see all that the Army is offering its Soldiers within the Army Family Covenant," said Paul Matthews, director of FSH Family and Morale, Welfare and Recreation.

"Having served in Vietnam, I am honored to be in a position to provide these support services that our men and women serving today richly deserve."

The AFC has also had a large national footprint. Since 2007, more than 41,000 military spouses have been placed in the Army Spouse Employment Program, which partners with Fortune 500 companies to provide employment opportunities.



Photo by Esther Garcia

The 20,668-square-foot facility, with its colorful décor, features culinary arts, computer technology lab, activity rooms, tutors to help with homework, a multi-purpose room with adjustable basketball goals, art stations, varieties of music and board games, and much more.

Access to quality health care has also increased. In the past two years, 36 Warrior Transition Units were created to support more than 7,700 wounded warriors and more than half a million eligible members of the selected reserve and their Families received standard TRI-CARE coverage at a 25-percent lower rate.

Throughout the next few years, the Army Family

Covenant will continue to be a pivotal part of the military — whether Soldiers are overseas or in our own backyards.

"In today's environment we have something called the Army Family Covenant and it is not just words.

"We recruit Soldiers but we retain Families and the only way to do that is to ensure that they have that quality of life commensurate with the service that our members are providing every single day," said Col. Mary Garr, commander, U.S. Army Garrison, during the opening of the teen center.

"We are collectively enhancing the needs of our kids and with the growth we have coming into Fort Sam Houston; this is one more step in that direction," Garr added.

"The future is bright, because leadership is committed to improving programs, services and facilities and I have little doubt that Fort Sam will be the showcase for the rest of the Army.

"It is a great place for our youth to grow, mature, and develop life skills that will serve them better in the years ahead," Matthews said.



Photo by Esther Garcia

(From left) 1st Sgt. Rosalba Chambers, Sgt. 1st Class Timothy Harris, and Sgt. Seth Sutherland, try out the Dance Revolution, one of several activities available for teens at the center.

NEW CLINIC from P1

medical equipment, the Burk clinic was ready to go a little over two months later.

"Our old clinic was very limited in what we could offer," said Dr. James J. Garcia, chief of the Burk Clinic. "The parking lot was small, we only had six exam rooms and our administrative staff was housed in a separate building. After watching the new facility being built during the last year and a half, we were all elated to finally move in and be able to offer our patients better and faster service."

Describing the difference between the old and new clinics as "night and day," Garcia said it's the service members and beneficiaries that come out ahead.

"Everything here is state of the art," Garcia noted. "The patients have been extremely happy to be treated in such a modern facility that offers them so much more than before."

The Burk Clinic can house more than 20 staff members and includes 14 exam rooms, two patient treatment rooms, five offices and a conference room. Some of the available services include chronic disease management, preventative health care services, immunizations, urgent care, radiology, laboratory, pharmacy and a licensed clinical social worker to

provide marriage, Family and individual counseling.

"The treatment rooms can be used to treat lacerations, casting, splinting and to provide intravenous fluids in cases of dehydration – all ailments one would expect to see on a military training base," Garcia said.

"The mission of the clinic is to provide accessible, high-quality health care to enrolled active duty Soldiers, their dependents and Tricare Prime beneficiaries from infants to 64 years old," said Debra Steever, transition officer for the Camp Bullis health clinic project. "Most importantly, this facility is the medical support for all trainees and Soldiers who are conducting training operations on Camp Bullis."

While it looks much like any military medical clinic anywhere, Garcia said it's still an unusual feeling for him to hear the sound of live gunfire permeating the air as he comes in or leaves the building.

"Hearing small arms and machine gun fire reminds us why we are here," Garcia said. "With the huge increase in training activities by all branches of the military going on here, this facility was sorely needed."

Camp Bullis is used primarily as training grounds for U.S. Army, Air Force and Marine Corps combat units. It is also utilized as a field training site for the various medical units stationed at Fort Sam Houston, especially the U.S. Army Medical Department Center & School and the Medical Education and Training Campus.

Now standing empty, the old clinic building next door will likely be reclaimed and another use will be found for it, Garcia said. At the back of the old building, the tiny area that once housed the X-ray machine still stands apart from the building.

"It's certainly come a long way from what we had," said Radiology Technician Michael Greene. "That little structure next to the old clinic was there when I went through training in 2002, and it was more than 20 years old back then. With our new facility, we can offer any kind of X-ray service, short of a CAT (computed axial tomography) scan or magnetic resonance imaging scan."

In the pharmacy, efficiency is taken to another level, according to Pharmacist David G. Dunlop.

"For about 25 percent of our medications, the Scriptpro

Pharmacy

machine practically does all the work for us," Dunlop said, explaining that the machine can read bar codes, sort, dispense, bottle and label the medications automatically. "We are the first clinic in the entire Army to have one of these. This is a great tool to use in error prevention and making sure the patient gets the right dosages and the right medicine."

In the clinic laboratory, speed and efficiency are two of the biggest advantages noticed in the new facility.

"It's as well equipped as anyplace I've worked," said medical laboratory technician Spc. Hiram J. Virchis. "We can get lab results in minutes instead of days, when we used to have to send samples to BAMC for analysis. These rapid tests are great, especially in this kind of training environment. If we have a Soldier come in from training for a lab test, we can get results back in 10 or 20 minutes, and either get him back in the field or refer him for further treatment. This saves a lot of time and money as down time is decreased dramatically."

"The patients we've seen seem a lot more comfortable than in the old clinic building," said Physician's Assistant Kelly Eberhard.
"And it's definitely the nicest place I've ever worked in."

Burk was 'a true American hero' who loved life, Family and the U.S. Army

By Steve Elliott FSH Public Affairs

An American hero. A friend. A lifesaver. A beloved son and brother. This is how Spc. Taylor J. Burk has been described, and his name is on the new medical clinic at Camp Bullis.

The clinic's namesake was a 21-year-old Amarillo, Texas, native and medic based at Fort Hood who started his Army career soon after graduating Randall High School in 2002. He was thought of as a "teacher's dream" by his former principal and "a goofy guy who always made people laugh" by his friend Brett Stout, according to an article in the Canyon News in 2005.

"When he came into the room, even if he was in a bad mood, he'd have you laughing and joking around," said another close friend, Pvt. Kirk Kelley, 24, of Nacogdoches, Texas.

"Taylor loved his Family and he loved his Family in the U.S. Army," said his stepfather, Larry P. Preddy, during the clinic dedication ceremony Jan. 13. "A memorial is always bittersweet in some way, but I think Taylor would have been pleased to see this. His friends and the Soldiers he served with said he would light up a room when he walked into it, and that was balanced by a deep seriousness about life."

In April 2004, while serving in Iraq, Burk and fellow Soldiers from Company C, 1st Battalion, 8th Cavalry Regiment took control of the Al Dora sector of Abu Dashir, where they came under fire from enemy forces. The



Photos by Steve Elliott

(Inset) The old clinic was made up of several modular buildings, including a separate building for X-rays.

BURK from P4

contact grew into a large five-hour firefight against more than 150 insurgents.

During the battle, the



Courtesy photo

Spc. Taylor J. Burk of Amarillo, Texas, was an Army medic with the 1st Battalion, 8th Cavalry Regiment, 1st Cavalry Division. He was killed in Iraq after an improvised explosive device hit the vehicle in which he was traveling on Jan. 26, 2005.

vehicle Burk was in came under attack from several different directions. The gunner, Spc. Joseph Bridges, was hit in the leg and the face. Burk immediately began to render aid to his fallen comrade. He applied a tourniquet to the Soldier's leg, which officials said saved his life.

It wasn't until later at the hospital that anybody realized Burk also had been hit. Burk had taken a bullet in his heel which damaged his bone and according to his stepfather, Larry Preddy, practically burned all the meat down to the bone.

For his actions, Burk received the Bronze Star medal for bravery, the Purple Heart medal for his injury and the Combat Medical Badge. He was the first medic in his battalion to earn the CMB.

When questioned about his actions that day, Burk replied, "I just did my job."

Burk then returned to the United States in April to recover and rehabilitate from his injury, but it wasn't long before he was asking when he could return to Iraq to be with his unit. He went back in October 2004.

According to a Philadelphia Enquirer article by Ken Dilanian, "Taylor Burk's friends told him over and over again: Don't come back. You've bled enough for your country. You've got nothing to prove."

Burk couldn't stand being away from his brothers-in-arms and he pushed to leave Fort Hood and return to his unit in Iraq. "He said, 'Hey, I didn't join the Army to cut grass," said Burk's squad leader, Sgt. Andrew Wintz. "He said, 'I joined the Army to be a combat medic."

When he got there, he finagled his way out of a headquarters job and into a front-line company, the article said. When he returned to Iraq, Burk was given a job at battalion headquarters, one that didn't require him to

leave the base often. That didn't suit him.

When a medic from Company A was wounded, he begged to take that spot, according to Dilanian. He knew it would mean near-daily patrols into Baghdad's Doura district, where roadside bombs and small-arms attacks are routine.

Then on Jan. 26, 2005, Burk was driving the third Humvee in a three-vehicle convoy in southwest Baghdad when a powerful roadside bomb made from a 155-millimeter artillery shell exploded next to his vehicle.

A small piece of shrapnel ripped into him under his collarbone and severed major blood vessels, killing him, other Soldiers were told. Two other men were seriously wounded – one hit in the head by shrapnel, the other with a broken arm. They'd been returning to their base from a routine patrol.

The 21-year-old medic, hit in the neck by shrapnel, died clutching his commander's hand and surrounded by his friends.

In a letter sent from the commander, Lt. Col. John W. Allen, to Burk's mother, Tracy Preddy, in February 2005, Allen said, "I can assure you in his time of need, Taylor was surrounded by his closest friends and did not suffer. Taylor will always be an honored member of the Mustangs and I am proud to have served with him."

On an online memorial set up for service members who gave their life in Operation Iraqi Freedom (http://www.fallenheroesmemorial.com/oif/profiles/burktaylorj.html), many of Burk's

friends, Family and even people he had never met, honored his sacrifice.

"Taylor was always the little guy with the biggest heart. I always felt like I needed to watch out for him, but it was him who ended up fighting and giving his life for me," wrote Jeb Hilton of Amarillo. "He was always there when I needed him and will always be in my heart. He gives me the strength to get up and go to work each day. He is my hero."

"Taylor, you will always be my hero. I will never forget the courage you showed in Iraq in April of 2004. Your actions saved my brother's life that day. If not for you my brother would not be here today," wrote Nancy Thomas of Ocala, Fla., in

See BURK P7

Army North helps Haiti effort

U.S. Army North headquarters based at Fort Sam Houston is supporting the U.S. Southern Command-led effort to bring relief to the people of Haiti.

Army North is the Joint Force Land Component Command for U.S. Northern Command in the continental United States.

"So far, we have positioned defense coordinating officers and their teams with other state and federal officials in the southeastern U.S. in anticipation of requests for assistance from other U.S. government agencies," said Maj.

Gen. Perry Wiggins, Army North deputy commanding general.

State emergency preparedness liaison officers have also moved to the SOUTHCOM headquarters to facilitate future operations.

"We grieve for every person who has suffered since the earthquake struck, and we are proud to support this effort," Wiggins said.

Army North routinely provides defense support of civil authorities on behalf of NORTH-COM.

"Our Joint Task Force
- Civil Support, based at
Fort Monroe, Va., and

other units associated with the command, are available to respond to contingencies here, including helping agencies involved with this operation."

Many of these units have been notified of possible support to government agencies should stateside missions occur.

"We are in constant communication with those agencies that are conducting operations," said Wiggins.

(Source: U.S. Army North Public Affairs)

ARNORTH SOLDIER RECEIVES PURPLE HEART FOR SERVICE IN IRAQ



Photo by Sgt. Joshua Ford

Lt. Gen. Guy Swan III (left), commanding general, U.S. Army North, presents the Purple Heart award to Sgt. Maj. Daniel Adle during a ceremony Jan. 8 at the Army North headquarters. Adle, while serving with the 1st Cavalry Division, was injured in Iraq's Diyala Province on April 7, 2007 during a complex attack by terrorists using small-arms fire, grenades and improvised-explosive devices.

Signal Corps Aircraft Number One – dawn of military flight

Lt. Benjamin Foulois piloted the first military airplane, Signal Corps Aircraft Number One, into the air at Fort Sam Houston March 2, 1910.

Signal Corps Aircraft Number One was a pusher-type biplane with two propellors. Its wingspan was 36 feet 5 inches and its length was 30 feet 8 inches.

Power was provided by one Wright Model 4 gasoline engine generating 35 horsepower. The aircraft carried thirteen gallons of fuel and two and a half gallons of engine coolant.

It was steered by warping the wings and adjusting the position of the front and rear horizontal planes.

Launching the 1,263

pound aircraft was complicated.

The aircraft had to be placed on a trolley which sat on a 55-foot long track. The track had to be oriented into the wing.

A 1,400-pound

weight, suspended from a 30-foot tall tower, was attached to the plane by a cable. With the engine turning at full power, the weight was released, pulling the plane along the track until it lifted off. Of course, if the wind shifted during this process, the launch track had to be re-oriented. The catapult launch was the principal

See FOULOIS P16

Tax season does not have to be stressful for Soldiers

By L.A. Shively FSH Public Affairs

The Fort Sam Houston Military Tax Assistance Center opened Jan. 19 offering Soldiers and Families help with filing income taxes.

Though tax law has become more complicated, trained volunteers will help service members reconnoiter through the forest of regulations and forms, making the process easier to understand and less stressful.

"Number one, it's free," said Brian Novak, a legal assistance attorney with the U.S. Army Medical Department Center & School and FSH Office of the Staff Judge Advocate. Novak is director emeritus for the tax

center and has been involved with military tax preparation for more than four years.

Novak said the tax center will also help Soldiers receive refunds quickly – in seven to 10 days with electronic filing – and that volunteers are trained and certified to assist with military-specific returns.

"A lot of issues with the military include tax breaks for those deployed or in a combat zone that an off-post preparer might not know about," said Capt. Jody Hurst, officer in charge of the tax center.

Preparers at the tax center train and test for 10 days in order to certify under the Volunteer Income Tax Assistance program. Only certified VITA tax-preparer volunteers may assist taxpayers prepare and e-file their taxes according to the VITA Web site.

Annual certification is required even if a volunteer is a tax professional and returns prepared by VITA volunteers are considered self-prepared by the taxpayer for Internal Revenue Service purposes.

"I loved what I did – I found my niche," said Sgt. Jennilyn Bruce, one of the 25 volunteer preparers. Bruce prepared more than 300 returns and was named Most Valuable Tax Preparer last year, so she decided



Photo by L.A. Shively

See TAX CENTER P17

Twenty-five Soldiers and one Sailor, certified volunteer tax preparers, stand ready to help service members prepare their income tax returns at the Military Tax Assistance Center.

BURK from P5

describing the firefight where her brother, Spc. Joseph Bridges, was injured. "I love you as if you were my own brother and I will remember you forever. You are what a true hero looks like."

"All Taylor ever wanted to be when he joined the Army was a medic," Preddy said at the dedication. "He knew the training was arduous and he began training before he even left for boot camp. He wanted to be ready.

"He was blessed to have the large and boisterous Family he did, and it was a seamless transition into the Army Family," Preddy added. "His devotion and dedication to serving others helped him find his calling as a medic. "For a man who was only with us for 21 years, Taylor packed a lot of life into a young age," Preddy said. "His is the story of every good Soldier who is extraordinary in their choice to serve their country. This clinic is a living thing, dedicated to the things Taylor loved."

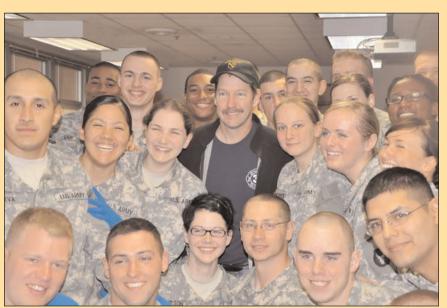
"Taylor leaves behind a legacy of selfless service, courage and honor. Spc. Burk is a true American hero," said Brig. Gen. Joseph Caravalho Jr., commander of Brooke Army Medical Center and the **Great Plains Regional** Medical Command, during the dedication ceremony. "May his memory inspire every Soldier, Sailor, Airman and Marine who trains at Camp Bullis."

CELEBRITY SPENDS DAY ON POST

Photos by Esther Garcia

D.B. Sweeney, screen and television actor, meets Spc. Scott Cain and thanks him for his service to the nation during a visit to the Center for the Intrepid Jan 15. Sweeney's visit to the post included meeting inpatients at Brooke Army Medical Center and a tour of the Warrior and Family Support Center where he met wounded warriors and their Families and signed autographs.





D.B. Sweeney is surrounded by student Soldiers attending the Combat Medic Course during his visit to the Department of Combat Medic Training. Sweeney thanked the students for their commitment and willingness to serve in the Army.



Master Sgt. James Kinser demonstrates to D.B. Sweeney how to apply a tourniquet during his visit to the Department of Combat Medic Training. Lt. Col. Paul Mayer, director, DCMT, and Christopher Kwader provided an overview about the training for combat medics.



Staffers from 32nd Medical Brigade visit with D.B. Sweeney during lunch at Slagel Dining Facility. Col. Randall Anderson, commander, 32nd Medical Brigade, served as command host for Sweeney's visit. Sweeney appeared in movies such as "The Cutting Edge," "Eight Men Out" and "Fire in the Sky."

AMEDDC&S Leadership Program boosts international relations

By Martha WaldmanMarketing, AMEDDC&S

The U.S. Army
Medical Department
Center & School is doing
its part to promote international engagement,
partnerships and goodwill among accomplished
international and U.S.
senior level medical officers (0-5 and above)
through a unique training opportunity called the
Medical Strategic
Leadership Program.

The program was initiated by former Army Surgeon General James B. Peake, during his tenure as commander of AMEDDC&S, as a forum for military leaders to prepare for the complex strategic leadership challenges of combined

health service support operations.

An added benefit is that attendees develop enduring friendships with military counterparts all over the world.

The MSLP, a course within the Leader Training Center, at the Academy of Health Sciences, was established in order to provide training support that focused on strategic-level military medical leadership health issues, working within coalitions and alliances, with an emphasis on combating terrorism and providing a networking environment for military professionals.

Students, who are handpicked by their countries, have included

surgeons general from Afghanistan, Iraq, Moldova, Czech Republic, Philippines, Canada, Mongolia, Romania, and Nepal, as well as a number of deputy surgeons general.

Over 150 countries are eligible to attend under the Department of Defense Security Assistance Program. To date, over 60 countries have sent officers.

According to Ken Knight, director of the MSLP, "many of the international officers come with a negative view of the United States based on CNN, movies and television shows. The MSLP serves as a 'networking tool' that gives these senior officers a "different and very positive image



Eight graduates from different MSLP classes had never met, but made a point of finding one another at a NATO conference in Bern, Switzerland, in May to discuss shared experiences at AMEDDC&S.

of our country and our military."

The MSLP starts in San Antonio, moves to New York City, and concludes in Washington, D.C. Major areas of study included during the three-week program are the United Nations, U.S. combatant commands, strategic leadership, international law, mili-

tary medical readiness, host nation/coalition partner support, health resources allocation and management, non-gov-

See LEADERSHIP P13

470TH from Pl

ed on the border shared by the Dominican Republic and Haiti Jan. 15 for security, 470th **Force Protection** Detachment personnel were already on the island assisting with force protection operations for the U.S. Embassy and transiting U.S. forces in the area.

The following day, Jan. 16, Army Medical Department administrators, nurses and physician assistants, synchronized with Army garrison services, executing Soldier Readiness Processing that mobilized more than 50 brigade and more than 300 ARSOUTH Soldiers and civilians.

Counterintelligence teams of the brigade's 401st MI Company deployed to Fort Bragg.



Courtesy photo

Col. Jim Lee (center), 470th Military Intelligence Brigade commander, visits with Soldiers and civilians preparing equipment for deployment to Haiti.

N.C., Jan. 17, to join the hundreds of paratroopers of the 82nd Airborne Division, who continued to flow into Haiti to conduct relief operations through the Martin Luther King Jr. holiday.

"This is what my Soldiers and civilians do - just another day in the 401st," said Capt. Michael Ballard, 401st MI Company commander.

"My Soldiers and civilians are motivated and

excited to be involved in supporting such a humanitarian relief endeavor," said Capt. Jessica Watson, the brigade's Headquarters and Headquarters Detachment commander.

"Yet, they are frustrated that they cannot do more to fully support the mission and people forward in the disaster area."

"After seeing the suffering of the Haitian peo-



Pfc. Rondell Love and Spc. Alan Newtson from the 470th Military Intelligence Brigade Headquarters and Headquarters Detachment prepare the TROJAN intelligence communications system for movement.

ple the night of the quake, our leaders and Soldiers responded immediately with the brigade S3 [plans and operations] staff beginning crisis action planning for support to ARSOUTH," said Col. Jim Lee, 470th MI Brigade commander, explaining how the brigade was able to react and adjust quickly to the crisis.

"Further, this brigade prides itself in its

Soldiers' and civilians' expeditionary mindset and capabilities as they continuously deploy intelligence in support of ARSOUTH's enduring theater engagement requirements.

"Our systems and processes are continually applied as we support operations throughout South and Central America and the CENT-COM AOR including Iraq and Afghanistan." Lee

said.

The 470th MI Brigade maintains intelligence support teams prepared to deploy throughout the SOUTHCOM area of responsibility and deploys intelligence battalions and teams to southwest and southeast Asia in support of U.S. Central Command operations.

This mission required out-of-the-box thinking as intelligence personnel prepared different packing lists and modes of operating to serve as "enablers" to support humanitarian and security operations in a disaster zone, according to

But this time, intelligence is enabling humanitarian and relief operations succeed in contrast to primarily focusing on a human enemy. Lee said.

What to do in case of tooth trouble

By Col. Kent Sabey 59th Dental Training Squadron

Dental emergencies, mild and severe, occur every day.

It is important to determine which situations require immediate action and which are less urgent to preserve the natural teeth and avoid discomfort.

The American Dental Association has published suggestions on how to manage some of these situations.

If something is caught between the teeth, try to gently remove it with dental floss, but avoid injuring the gums. Trying to remove it with a sharp instrument is not recommended. If you can't dislodge the object using

floss, contact your dentist.

If you have bitten your lip or tongue, use a soft cloth to clean the area and apply gentle pressure. You can apply a cold compress to reduce swelling. If bleeding in the area doesn't stop, see your dentist promptly.

A cracked or broken tooth may be painful when chewing or might be sensitive to hot and cold liquids.

A toothache may be caused by tooth decay, such as a cavity or a defective filling.

Removing any food or debris that might be caught, or rinsing the mouth with water may provide some relief.

Call the dentist for an appointment so the con-

dition can be evaluated.

If there is any swelling of the gums or cheek near a tooth that is aching, call the dentist immediately.

Gums can bleed or become sore. Use good brushing and flossing technique and rinse the mouth with warm water. Make an appointment with your dentist to determine why this is occurring.

For tooth or gum pain, a proper dose of an overthe-counter analgesic such as ibuprofen or acetaminophen can be helpful until an appointment with a dentist can be made.

Ensure there is no history of allergy or adverse reaction to the medicine. It is not recommended to

place pain pills against the gums near the aching tooth because it may burn the gum tissue.

Results of tooth trauma can be quite variable. Teeth may be tender and the gums may be bleeding slightly. A portion of a tooth may be missing. A tooth may be partially moved out of its normal position. If any of these occur, you should phone your dentist.

Occasionally a tooth is knocked completely out of its socket. If this occurs, the best action is to hold the tooth by the crown and gently rinse the root, if it is obviously dirty.

Do not scrub it or remove any attached tissue fragments. Insert the tooth back into the sock-



Courtesy photo

Dental problems can be painful and if in doubt on how best to handle an issue, a dentist should be called. Preventative actions such as good oral hygiene and exams can help avoid problems.

et. If that isn't possible, put the tooth in a cup of milk and get to your dentist as quickly as possible.

Some severe accidents can result in a broken jaw. Signs of this may include pain, a change in the way your teeth fit together, or swelling. Contact a dentist or an emergency room right away.

Preventive actions such as practicing good oral hygiene, consistent periodic check-ups, and wearing athletic mouth guards can help us avoid tooth trouble.

If in doubt about how to best handle a given situation, call a dentist.

TRICARE Dental Program premiums rise slightly in 2010

The TRICARE Dental Program's 1.9 million enrollees will see a slight increase in their monthly premiums, beginning Feb. 1. The new annual rates are effective for one year through Jan. 31, 2011.

TRICARE Dental
Program (TDP) premiums
are determined by the
plan (single or Family)
and the duty status (active
or reserve) of the sponsor.
If and when the sponsor's
duty status changes, his
or her premiums also
change to reflect the new
duty status.

The monthly premium for an active duty Family member single plan will increase from \$12.12 to \$12.69 and the monthly Family plan premium will increase from \$30.29 to \$31.72.

The National Guard and reserve monthly sponsor premium will increase from \$12.12 to \$12.69. For National Guard and reserve Family members, the monthly single Family member plan goes from \$30.29 to \$31.72 and the Family plan premium will increase from \$75.73 to

\$79.29.

The monthly single premium rate for an Individual Ready Reserve sponsor plan and the separate IRR single Family member plan will increase from \$30.29 to \$31.72. The monthly IRR Family member premium will increase from \$75.73 to \$79.29.

To learn more about TRICARE dental options and premium rates, visit www.TRICAREdental program.com.

(Source: Tricare Press Room)

9. tary-media relations, and medical observer train-

ing.
The first week is for international students only and includes joint and U.S. Army medical policy, medical observation training and tours.
It includes a day trip

LEADERSHIP from P9

ernmental organizations,

Washington-based think-

tanks, counter-terrorism,

homeland security, mili-

It includes a day trip to Fort Hood, where students meet with III Corps medical leadership and Soldiers who have deployed, see medical simulations training and equipment, and observe firsthand the strides being made in developing an environment focused on the Family.

At the beginning of the second week, students from the U.S. join the rest of the class at AMED-

DC&S for strategic-level health care and leadership presentations, including student briefings about their countries.

The last week is spent in New York City and Washington D.C., where students are briefed at the United Nations, the Joint Staff at the Pentagon, by congressional leadership, the State Department, the Veterans Administration, The Surgeon General, and several premier think tanks, such as the Center for Strategic & International Studies, the Heritage Foundation and American Enterprise Institute.

Students have militarymedia discussions with a major media organization, including outlets like U.S. News & World Report, USA Today and Reuters.

Students visit Mt.

Vernon, the Smithsonian museums, the White House, the U. S. Capitol, the national monuments and perform a wreathlaying ceremony at Arlington National Cemetery.

In addition to providing an unforgettable and unique top level educational experience, MSLP attendees are given an opportunity to meet senior military medical leaders from all over the world, conduct open discussions about international relations, share lessons learned, invalidate stereotypical preconceptions, and develop lifelong professional and personal relationships.

U.S. officers interested in participating in the Medical Strategic Leadership Program should contact their Corps chiefs.

News Leader survey online

Visit http://www.samhouston.army.mil/publicaffairs. For more information, call 221-0615 or 221-2030.

Dr. Martin Luther King Jr.; lost but not forgotten

Fort Sam Houston Celebrates... Dr. Martin Luther King, Jr. Holiday. Photo by Esther Garcia

The Fort Sam Houston community is represented at the annual Martin Luther King, Jr. March Jan. 18 in San Antonio. Coordinated by the Equal Opportunity Office Advisor, Sgt. 1st Class Timothy Harris said, "We participate because it serves to show recognition for what Martin Luther King did, to show awareness for those that have never participated, and to show support that we stand behind what Martin Luther King stood for, because of what he did we wouldn't be doing what we do right now."



A carriage depicts the activities of Harriet Tubman, who gained international acclaim as an Underground Railroad operator in the 1800's helping people escape slavery. According to her biography, Tubman escaped slavery in 1849. From 1850 to 1860, she conducted between 11 and 13 escape missions giving approximately 70 individuals, including her brothers, parents, and other family and friends a path to freedom. Tubman dedicated her life fighting for freedom.

the purpose of the event. It was amazing," she said.

"His dream was deeply rooted in the American dream." Ortiz said. "If you go back to the first line of that speech 'we hold these truths to be self-evident

"You could tell they were really into the music and

the Declaration of Independence."

King was assassinated April 4, 1968 in Memphis,
Tenn., on the balcony of his motel room.

that all men are created equal' that line came from

(Ben Paniagua and Gregory Ripps also contributed

By Lori Newman FSH Public Affairs

he post community came together recently to honor the legacy of Dr. Martin Luther King Jr. Several events were held Jan. 14 including a celebration at Army Community Service and later in the evening Soldiers and leadership from the

32nd Medical Brigade attended an event at the Hacienda Recreation Center.

The 470th Military Intelligence Brigade held their

own Martin Luther King commemoration the after-

noon of Jan. 14 in the open area across from

Building 1000.

Col. Jim Lee, 470th MI Bde. commander, said it was important for the event to be held in the place near the small monument that commemorates his life and indelible contribution to civil rights.

In addition to a tribute to King two other individuals considered leaders in the civil rights movement were recognized: Cesar Chavez, known for organizing farm laborers; and Betty Friedan, who challenged female stereotypes.

A highlight of the gathering was the appearance of the Cole Elementary School Choir, directed by Sandra Fergins. Some of the children danced or played xylophones as well as sang songs appropriate for the occasion.

Soldiers and members of the Fort Sam Houston community also attended the annual Martin Luther

King March Jan. 18 in San Antonio; one of the largest marches in the nation with more than 100,000 in attendance. The march began at the MLK Freedom Bridge and ended at Pittman-Sullivan Park.

"What a great day to be an American, everyday is a great day to be an American," said Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South and guest speaker for the event at ACS.

"People make America great, all people. It's people who see a need and are not afraid to take action to defend or promote; or correct or improve America, said Ortiz.

"It's people with passion, conviction, incentive and with the morale courage to take action to make America better. We are here to celebrate one such American, Dr. Martin Luther King Jr."

Ortiz spoke about King's accomplishments, saving

"he accomplished many things at a very young age."

King graduated high school at age 15 and went on to earn a bachelor's degree from Morehouse College in 1948. In college, he was elected president of a predominantly white senior class. He received a Ph.D. from Boston University in 1955 at the age of 26.

"He was focused, had self-discipline and he had goals," Ortiz said.

According to the Nobel Prize Web site, between 1957 and 1968 King traveled over 6 million miles and spoke over 2,500 times, wrote five books and authored many articles.

In 1963, King was named "Man of the Year" by Time Magazine and at age 35 he was the youngest man to receive the Nobel Peace Prize.

"The prize was \$54,123, but in 1963 the average income in the U.S. was only about \$5,800. He donated

the prize money to the furtherance of the civil rights movement," Ortiz said.

King was a third-generation pastor serving as copastor at the Ebenezer Baptist Church in Atlanta where his father and grandfather were pastors also.

"He grew up as a man of great spiritual strength and had a powerful way of speaking. He was also a man of vision and determination and never stopped dreaming of what could be," Ortiz said, reading four lines from MLK's 'I have a dream' speech.

The Powerhouse Divas performed at both ACS and the Hacienda events singing songs relating to King's ideals and philosophy such as "A Change is Gonna Come" and "Hero."

"I have never seen a Soldier-audience so moved during a celebration of this nature," said Jewel Terrell, recreation assistant at the Hacienda.

ORTIZ

Photo by Lori Newman

Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South and guest speaker for the event at Army Community Service speaks to the audience about Dr. Martin Luther King's accomplishments in the advancement of the civil rights movement.



Photo by Lori Newman

The Powerhouse Divas, Sonya Yamin, Alisa Claridy and Delores Walker perform several inspirational songs including "A Change is Gonna Come" and "Hero" during both commemoration ceremonies at Army Community Service and the Hacienda Recreation Center Jan. 14.



Photo by Gregory Rip

One member of the Cole Elementary School Choir performs some moon-walking during the 470th Military Intelligence Brigade's event commemorating Dr. Martin Luther King Jr. on the



Photo by Gregory Ripps

to this article.)

on the Sandra Fergins leads the Cole Elementary School Choir in a song during the 470th Military Intelligence Brigade's commemoration of Dr. Martin Luther King Jr. Jan. 14.



monument honoring the civil rights leader.

Col. Jim Lee, 470th Military Intelligence Brigade commander, notes the significance of holding the brigade's commemoration of Martin Luther King at the location of a

FOULOIS from P6

limitation of use of the aircraft.

If the plane landed away from the catapult, it could not take off again under its own power.

The aircraft was not quite perfect for military use.

Foulois' mission, besides teaching himself how to fly, was to adapt it to military functions and figure out how to integrate the aircraft into the Army's operations.

One of the first modifications added a seat belt to keep the pilot on board when the airplane was buffeted by weather.

Foulois also had his men fabricate landing gear for the plane eliminating the catapult and increasing the use and flexibility of the aircraft



a hundred fold.

Equally important, Foulois adapted the arcane and technological terminology of aviation understandable to the Army.

He developed a set of drill regulations for a provisional Aero Squadron, and accordingly, handling of aircraft on the ground was to be performed "by the numbers," just like every other evolution or drill in the Army.

In the six months following the inaugural flight at Fort Sam Houston, Foulois took his aircraft aloft fiftyeight more times, modifying the machine and repairing it following regular mishaps and crashes.

In February 1911, Robert Collier loaned his Wright Model B aircraft to the Army, allowing Foulois to retire Aircraft Number One.

On May 4 1911, "Old Number One" was retired to the Smithsonian Institution.

In just over one year of hard service, Signal Corps Aircraft Number One had demonstrated that flying machines could perform military functions satisfactorily.

(Excerpted from: "The Origin of Military Aviation in Texas, 1910-1913" by William C. Pool)



Run For It

Stick to your New Year's resolution; the Jimmy Brought Fitness Center will hold a 5K Fun Walk/Run Jan. 30 at beginning at 9 a.m. The event is free, T-shirts are \$10. Call 221-1234. The next race will be held Feb. 27.

Softball Coaches Needed

Softball coaches needed for the Fort Sam Houston varsity team. Submit a resume by Feb. 1 to the Jimmy Brought Fitness Center or via mail to 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234. Call 221-3003.

Softball Tryouts

Fort Sam Houston will hold tryouts Feb. 8-12 for the installation's varsity softball team. Any male or female possessing a Department of Defense card, is at least 18 years of age and not participating in an academic athletic association may try-

out. Practice will be held at the Leadership Field. Call 221-3003. Rain date: Feb. 16-19.

All Army Chess Championships

The 2010 All Army Chess
Championships will be held May 1521 in Fort Myer, Va. Players must be
active-duty Army and a United
States Chess Federation-rated member. Twelve players will be selected
and funded by Family and Morale,
Welfare and Recreation Command.
To apply, call 703-681-7204.

School Briefs

FSHISD Public Hearing

The Fort Sam Houston Independent School District invites all parents and community members to a public hearing to discuss the 2008-2009 FSHISD Annual Performance Report Jan. 28, 11 a.m. in the Professional Development Center, 1902 Winans Rd., Building 1908. The hearing will be held in conjunction with the regularly scheduled

FSHISD board of trustees meeting.

Personalized Brick Pavers Available

Be a part of Cole history; honor your child or a special teacher by purchasing a personalized brick paver. The pavers will be placed in front of the new Cole Gymnasium, prices start at \$25. Orders are due by Feb. 5. To download an order form, visit the FSHISD Web site.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES JAN. 25-30

Fort Sam Houston Elementary School Jan. 25

Attendance lunch on cafeteria stage

Jan. 28

FSHISD school board meeting in Professional Development Center, 11 a.m. Cougar Connection: with Jana Wallace

Robert G. Cole Middle and High School Jan. 25

Student of the month breakfast in middle school conference room, 8:30 a.m.
Girls Soccer at Antonian, 5 p.m.

Jan. 26

JROTC formal inspection, all day Boys Soccer at Holy Cross, 4:30 p.m. Girls JV/V Basketball vs. Comfort at Cole, 5 and 6:30 p.m.

Boys JV/V Basketball vs. Comfort at Cole, 5 and 8 p.m.

(JV game will be played at Moseley Gym)

Ian. 27

Middle School Academic Contests at Johnson City, noon

Girls Soccer vs. Memorial at Cole, 5 p.m.

Jan. 28

FSHISD school board meeting in Professional Development Center, 11 a.m.
Gifted and Talented Education (G.A.T.E.)
Game Day in room 1103, Ms. Sanchez,
4 to 5 p.m.

Jan. 29

Academic Decathlon Regional Meet Swim meet at George Block Aquatic Center, 9:30 a.m. (7001 Culebra Road) Girls Soccer vs. St. Anthony at Cole, 4:30 p.m.

Boys JV/V Basketball at Brooks Academy, 5 and 8 p.m.

Girls JV/V Basketball at Brooks Academy, 5 and 6:30 p.m.

Jan. 30

Academic Decathlon Regional Meet University Interscholastic League (UIL) One Act Play rehearsals in Moseley Gym, 1 to 3 p.m.

TAX CENTER from P7

to assist again this year.
She said she delights
in the looks on many of
her clients' faces when
they discover how much
they can receive in
refunds. Her training
helped her learn IRS
Publication 17, "Your
Federal Income Tax"
inside and out and also
helped with her personal
returns.

"There's lots of stuff I didn't know I could deduct."

Last year, the tax center prepared and submitted more than 4,400 returns, saved \$440,000 in fees and allowed military members to receive more than \$7.5 million in refunds Novak said, adding he expects an increase in returns this year.

The tax center is also reaching out to service



Photo by L.A. Shively

Sgt. Jennilyn Bruce (left), a volunteer preparer who returned from working at the tax center last year, Garrison Commander Col. Mary Garr and Capt. Jody Hurst, officer in charge of the tax center, cut the ribbon opening the Military Tax Assistance Center.

members not able to come to the tax center.

"We help deployed [members], have a site geared toward wounded warriors at Brooke Army Medical Center and trained a volunteer who is now deployed to Haiti," Novak said. "We've even taken information over the phone."

"This tax center helps Soldiers focus on mission and Family and not worry about getting income taxes done," said Garrison Commander Col. Mary Garr just before she cut the ribbon. opening the center for business. For an appointment call 221-1040.



Photo by L.A. Shively

Spc. Lamonc Binett, a volunteer tax preparer, mans one of the computers at the Military Tax Assistance Center. Binett and 24 other volunteers are ready to help service members prepare their income tax returns.

Survivor Outreach Services 'keeps the promise' of Army Family Covenant

By Cheryl Harrison Army Community Service

Survivor Outreach Services ensures Families of Soldiers who lost their lives in the defense of our country do not go unnoticed.

And more importantly, it is a commitment to deceased Soldiers' survivors that they will not be forgotten.

The program is a joint effort with collaboration from the Installation Management Command, Family and Morale, Welfare and Recreation Command, Casualty and **Mortuary Affairs** Operation Center, the **Army National Guard** and Army Reserve.

SOS standardizes casualty services and policies across the Army

and provides additional staffing at Casualty Assistance Centers and Active Component and Reserve Component Family Programs.

SOS responds to the need for specialized staff at Casualty Assistance Centers to help casualty assistance officers support survivors, as well as adding additional staff who have the sole mission of providing continuing support to survivors.

A relatively new Department of the Army program, SOS demonstrates the Army's commitment to fulfilling the **Army Family Covenant** by providing support to active, reserve, and Army National Guard surviving Families for as long as they desire.

After a loved one is

lost, unresolved issues or questions that may surface months or even years later.

SOS provides support through benefit coordinators. financial counselors and support coordinators with individualized attention.

Benefits coordinators provide expertise on local, state and federal benefits. They also work with casualty assistance officers, provide the surviving Family with assistance in order to understand and apply for benefits.

Financial counselors provide assistance to sur-



viving Families through investment and estate planning education.

They also work closely with benefits coordinators, Army Long Term Family Case Management, and legal assistance to address the needs of surviving Families.

Support coordinators function as long-term support, facilitating support groups, providing life skills education and connecting survivors with counseling resources.

Coordinators also work closely with benefits coordinators, casualty assistance officers, and

Army Long Term Family Case Management to ensure survivors receive their necessary services.

Jennifer Koranvi, Survivor Outreach Service coordinator for FSH said, "This program has been a long time coming and is needed.

"A lot of times survivors simply do not know who to turn to and we are here to connect those Family members with the people who can help find the right support."

SOS is offered at Fort Sam Houston, Army Community Service, 2010 Stanley Road, Building 2797. For more information, call 221-1841 or 221-2705.

Rocco Dining Facility Menu Building 2745, Schofield Road

Friday – Jan. 22

Lunch -11 a.m. to 1 p.m.

Beef pot pie with biscuits, barbecued spareribs, baked kielbasa sausage, grilled chicken breast with sautéed onions, mustard dill baked fish, macaroni and cheese, new potatoes, pinto beans, fried cabbage with bacon green beans, corn on the cob

Dinner -5 to 7 p.m.

Meat loaf, fried chicken, baked stuffed fish, tuna and noodles casserole, baked egg noodles and cheese, mashed potatoes, steamed rice, paprika-buttered potatoes, glazed carrots, LA-style smothered squash, green peas

Saturday – Jan. 23 Lunch – noon to 1:30 p.m.

Roast pork, lemon garlic baked fish, spaghetti with meat sauce, cheese manicotti, baked potatoes, mashed potatoes, rice pilaf, lima beans, asparagus, French-fried Okra

Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, breaded veal steaks, baked chicken, mushroom quiche, cottage fried potatoes, steamed rice, baked potatoes, peas and carrots, southern-style turnip greens, cauliflower combo Sunday – Jan. 24

Lunch - noon to 1:30 p.m.

Swiss steaks with brown gravy, rotini noodles with marinara sauce, chicken fajitas pitas, grilled pork chops, Spanish rice, mashed potatoes, steamed rice, okra and tomato gumbo, lima beans, wax beans with

Dinner – 5 to 6:30 p.m.

Chili macaroni, salmon croquettes, herbed Cornish hens, cheese ravioli, baked ham, macaroni and tomatoes, baked potatoes, wild rice, rissole potatoes, broccoli, corn, Harvard

Monday – Jan. 25

Lunch - noon to 1 p.m.

Buffalo chicken, shrimp scampi, red beans and rice, baked ham with raisin sauce, chicken stir fry, baked sweet potatoes, steamed rice, fettuccine Alfredo, lyonnaised green beans, cauliflower polonaise, French-fried

Dinner - 5 to 6:30 p.m.

Stuffed bell peppers, beef lasagna, vegetable three cheese lasagna. cranberry-glazed chicken breast, breaded pork fritters, O'Brien potatoes, baked potatoes, lyonnaise rice, mixed vegetables, collard greens, asparagus

Tuesday – Jan. 26 Lunch – 11 a.m. to 1 p.m.

Beef Fajitas, grilled tuna patties, spaghetti and meat sauce, grilled liver and onions, fried catfish, baked macaroni and cheese, oven-roasted potatoes, Spanish rice, steamed rice, Spanish-style beans, Mexican corn, fried cabbage with bacon, steamed cabbage

Dinner – 5 to 7 p.m.

Cheese enchiladas, meat loaf, fiesta chicken and rice, beef yakisoba, grilled ham steaks, refried beans.

lyonnaised potatoes, baked potatoes, baked egg noodles and cheese, zucchini squash, lima beans, glazed car-

Wednesday – Jan. 27

Lunch — 11 a.m. to 1 p.m.

Stuffed cabbage rolls, roast turkey, veal parmesan steaks, blackened catfish, cheese manicotti, cornbread dressing, mashed potatoes, parsleybuttered potatoes, baked potatoes, French-fried okra, Brussels sprouts polonaise, black-eyed peas

Dinner -5 to 7 p.m.

Braised beef and noodles, roast pork, barbecued chicken, mushroom quiche, country-fried steaks, scalloped potatoes, steamed rice, baked potatoes, asparagus, green peas and carrots, Harvard beets

Thursday – Jan. 28 Lunch - 11 a.m. to 1 p.m.

Pork chop suey, barbecued spareribs, Swedish meatballs, cranberry-glazed chicken breast, broccoli quiche, au gratin potatoes, steamed rice, fried rice, Japanese stir fry vegetables, collard greens, corn on the cob, green

beans with mushrooms Dinner -5 to 7 p.m.

Szechwan chicken, ginger pot roast, baked kielbasa sausage, lemon baked fish, cheese ravioli, fried rice, mashed potatoes, baked potatoes, stewed tomatoes, vellow squash, mixed vegetables, vegetable gravy

Menus are subject to change without notice



Announcements

'Dear John' Books-to-Movie Promotion at Library

Keith A. Campbell Memorial Library will host the "Dear John" books-to-movies promotion through Feb. 14, which features the latest Nicholas Sparks' romantic novel coming to the big screen through Feb. 5. DoD cardholders and Family members over the age of 18 can enter a weekly drawing for "Dear John" T-shirts, books or movie posters; join the online virtual book club at http://www.ArmyMWR.com and answer questions for a chance to win an autographed movie poster or copy of the novel each week; or enter the grand prize drawing for a chance to win a trip for two to Charleston, S.C. The Keith A. Campbell Memorial Library is located at 2601 Harney Road, Building 1222, and is open Tuesday-Friday, 9 a.m.-8 p.m.; Saturday-Sunday, 11 a.m.-8 p.m.; closed Mondays and federal holidays. Call 221-4702.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will present the Agatha Christie murder mystery "The Hollow" through Feb. 13. Tickets are Thursdays, \$26/military members and \$29/ non-military; Friday-Saturday, \$29/military and \$32/non-military; E-1 through E-4 Soldiers pay \$13 for dinner and show any night. Cocktail service and salad bar begin at 6:15 p.m., dinner is from 6:30-7:30 p.m. and curtain is at 8 p.m. For reservations, call 222-9694.

Central Registration is now Parent Central

The Central Registration office at 2010 Stanley Road, Building 2797, is now Parent Central. All services, hours and numbers remain the same. Parent Central is open Monday-Friday, 8 a.m.-5 p.m. and by appointment only after 4:30 p.m. The office is closed every first and third Friday. Call 221-4871/1723.

H.U.G.S. Playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel, Building 1721. Registration is not required. Call 221-0349/2418.

Baby Talk

New Parent Support Program offers "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel for parents with children newborn to 12-months-old. Call 221-0349/0655.

Exceptional Family Member Program Support Group

The support group meets
Wednesday evenings, 6-7:30 p.m. at
School Age Services, Building 1705,
Dodd Boulevard. The group is facilitated by Mutual Enrichment through
Learning and Discovery and is open
to Soldiers and military Families
with special need members. Child
care and dinner is provided.
Registration is required. Call
221-2604.

English as a Second Language Class

Free classes offered Mondays and Fridays, 5-8 p.m. at Army Community Service, Building 2797. Call 221-1681/9698.

Bowling Center

The Fort Sam Houston Bowling Center opens at 11 a.m. for lunch Tuesday through Friday with a full menu - including Loyce's homemade chicken noodle soup. Daytime games are \$1 Tuesdays, Wednesdays and Fridays. On Thursdays, get one free game and free shoe rental with a purchase of a meal. Call 221-4740.

News Leader survey online

Visit http://www.samhouston.army.mil/publicaffairs. For more information, call 221-0615 or 221-2030.

Basketball Coaches Needed

Child, Youth & School Services is looking for dedicated basketball coaches for the upcoming season. Call 221-4871 or stop by Parent Central.

Youth Swimming Lessons

Learn to swim this winter at the Jimmy Brought Fitness Center indoor pool. Morale, Welfare and Recreation will offer Red Cross swimming lessons to children under 16 years old. Cost is \$40 for an eight-day session. Call 221-1234.

Lifeguard Classes

American Red Cross lifeguard classes will be offered at the Jimmy Brought Fitness Center on weekends beginning Jan. 23. Classes are held in four-day sessions, Session 1-Jan. 23, 24, 30 and 31; Session 2- Feb. 13, 14, 20, and 21; Session 3- Feb. 27, 28 and March 6, 7; Session 4-March 20, 21, 27 and 28; Session 5-April 3, 4, 10 and 11, 9 a.m.-4:30 p.m. and participants must attend all four classes in one session to pass. The sessions fulfill the minimum requirement for employment as a lifeguard. Participants must be at least 15 years old and pass a qualifying test that involves a 300meter swim and a 20-yard swim holding a 10-pound object. Each session is \$160, which includes

books, first aid instruction, cardiopulmonary resuscitation mask and automated external defibrillators for infants, children and adults. Payment must be made upon successful completion of the pre-test. Call 221-1234.

Martial Arts

Schools of Knowledge, Inspiration, Exploration & Skills Unlimited offers traditional classes in Korean martial arts, Kuk Sool Won, for children 5- to 18-years-old, Mondays and Wednesdays, 5-6 p.m. at School Age Services, Building 1705. Cost is \$80/month and is open to children of DoD cardholders. Register at Parent Central, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

Youth Soccer

Registration for the Alamo Heights - Fort Sam Houston Soccer League is open through Jan. 31 for children 5- to 14-years-old with a CYS membership. CYS members may enroll at https://webtrac.mwr. army.mil/webtrac/Samhoustoncyms. html. Call 221-4871.

Out-of-School Opportunities

The EDGE Program offers opportunities for 6- to 18-years-old in cutting-edge art, fitness, life skills and adventure activities. Open to children of military, DoD civilians/contractors and retirees. Activities are free for 11- to 18-year-olds, fees assessed according to DoD fee policy for 6- to 10-year-olds. To register, call 221-4871 or stop by the Child Youth & School Services, Building 2797. Call 771-2148 or 954-2088.

Canyon Lake Winter Specials Through March 1

Winter specials available are through March 1. Rent one night accommodation and get the second night half price; plus \$25 off all-day rentals of pontoons and fishing boats. Room rental not required for boat special. Boat rental discount is only applicable at Canyon Lake. Call 830-226-5357 or 888-882-9879.

Texas Hold 'Em Tournament Days Coming Up

The Sam Houston Club will host Texas Hold 'Em Tournament Days Fridays in February, giving players three opportunities to qualify for the Fort Sam Houston Garrison Finals and the chance to win \$500 and a seat in the Army-Wide Online Finals in April. To qualify, players must participate in one of the three qualifying tournaments, Feb. 5, 12 or 19 where points will be awarded. The top 30 scoring players from all three qualifying tournaments will play in the

Fort Sam Houston Garrison Finals Feb. 26. The first place winner will advance to the Army-Wide Online Tournament. DoD cardholders, Family members and guests who are 18 or older are eligible to play. Admission is free. Register at the Sam Houston Club ticket office or call 226-1663 at least three days prior to each qualifying tournament.

Calendar of Events

JAN. 21 Microsoft Access Level 2

The class will be held 8 a.m.noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Access Level 1 and registration required. Call 221-2518.

Mandatory Initial First Termer Financial Readiness

The class will be held 10 a.m.noon at Army Community Service, Building 2797 in the computer lab. To register, call 221-1612.

Identity Theft

The class will be held 1-3 p.m. at Army Community Service, Building 2797. Call 221-1612 / 2418.

See MWR P20

MWR from P19

Active Parenting for Step-Families

This six-week series will be held Thursdays starting Jan. 21-Feb. 25, 11 a.m.-1 p.m. at the Red Cross, Building 2650, to discuss the complexity of the Step-Family. To register, call 221-0349/2418.

JAN. 22 Learn to Play Texas Hold 'Em

Learn to play Texas Hold 'Em, 6 p.m. at Sam's Sports Bar inside the Sam Houston Club. Players must be at least 21 years old to play. To register, call 224-2721. This is not a competitive tournament.

JAN. 23 Aerobathon

The Jimmy Brought Fitness Center will hold an aerobathon, 9 a.m.-noon. Call 221-1234.

Poetry Workshop

The workshop will be held 1-3 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road, for 13- to 19-year-olds who like to rap, sing, recite poetry, write or act. Local poets who have had several years performing in poetry slams and performing the spoken word will be featured guests. Call 295-9313 or 221-2055.

JAN. 25 Saving and Investing

The class will be held 2-4 p.m. at

Army Community Service, Building 2797. Explore the options of savings and investing as well as the problems associated with each. Call 221-1612/2418.

Doctor Dad

This series of classes will be held Jan. 25, Feb. 7 and 14 from 5:30 to 7 p.m. at Army Community Service, Building 2797. This workshop covers topics such as treating minor cuts and scrapes, when to call a doctor, how to make your home child-safe and how to keep your child healthy. To register, call 221-0349/2418.

JAN. 26 Using Credit Wisely

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Find out whether using credit is a good idea, how to manage credit cards and debt and importance of protecting credit history. To register, call 221-1612.

Microsoft Word Level 3

The class will be held 8 a.m.noon at Army Community Service, Building 2797 in the computer lab. Completion of Word Level 1 and 2 and registration required. Call 221-2518.

Family Readiness Group Leadership Academy

The training will be held Jan. 26-27, 8 a.m.-4 p.m. at the Army Community Service Building 2797, for FRG key positions on roles and responsibilities, and the communication network through the chain of command. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Newcomers' Extravaganza

The extravaganza will be held 9:30-11 a.m. at the Sam Houston Club and is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. Learn about Fort Sam Houston and the San Antonio area and meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

Coping with Separation and Divorce

The second topic of the series, Coping with Separation and Divorce, "Helping Children Cope with Divorce" will be held noon-1 p.m. at Army Community Service, Building 2797. "Divorce Busters" will be held Jan. 28. Call 221-0600/2418.

Nurturing Parenting of School Age Children

This eight-week series will be held Tuesdays through March from 5:30-8:30 p.m. at Dodd Field Chapel, Building 1721, for both parents and children to learn to increase their empathy, encourage appropriate behaviors, build selfesteem, and learn to have fun as a

Family. To register, call 221-0349/2418.

JAN. 27 Microsoft Excel Level 3

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Completion of Excel Level 1 and 2 and registration required. Call 221-2518.

Mandatory Initial First Termer Financial Readiness

The class will be held at noon at the Education Center, Building 2248. Class space is limited. Call 221-1612.

JAN. 29 Battlemind Training for Families

The training will be held 2:30-4:30 p.m. at Army Community
Service, Building 2797. This training
helping Soldiers and Families prepare for deployment. To register, call
221-2705 or e-mail
samh.acs.mob.deploy@conus.army.
mil.

San Antonio Spurs Military Appreciation Night

In recognition of the great men and women who serve this country the San Antonio Spurs will host a Military Appreciation Night, 7:30 p.m. All military as well as their friends and Family can get tickets starting at \$10. Call 221-9904 or visit www.fortsamhoustonmwr.com.

JAN. 30

UTSA Road Runners Basketball

The University of Texas San Antonio men's basketball team will host a Military Appreciation Night, 7 p.m. vs. Lamar. Tickets are \$5 and can be purchased at the Fort Sam Houston Ticket Office located in the Sam Houston Club, Building 1395. Call 221-9904.

FEB. 6 Poetry Slam

Poetry and performances will be held 6-10 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road to bring awareness to teen dating violence. This event is free for all ages. Call 295-9313 or 221-2055.

FEB. 7 BOSS Super Bowl Party

The party kicks off at 5 p.m. in the Benner Barracks Day Room, Building 272, with a Madden '10 tournament, free food and refreshments for single Soldiers, games, door prizes and three big-screens televisions. Call 221-4242.

FEB. 9 Army Family Team Building Level One

The class will be held Feb. 9-10, 8 a.m.-2 p.m. at Army Community Service, Building 2797. Level One is an introduction to the military way of life, topics include expectations and impact of the mission on Family life; military acronyms and terms, chain of command, military customs and courtesies, military benefits and entitlements and more. To register, call 221-2611/2418.

FEB. 21 Parent and Child Swimming Lessons

The Jimmy Brought Fitness
Center swimming lessions for parents and children, ages 6 months to 3 years, Feb. 21-March 14, Sundays at 3 p.m. at the indoor pool. Parents learn basic safety standards in accordance with American Red Cross learning objectives. Cost is \$25 per child. More classes may be scheduled depending on demand. To enroll, call 221-1234.

"See it, Send it"

Texting: 834-4531

E-mail: FtSamHoustonPolice@conus.army.mil Phone: 221-CLUE (2583) Leave a Message

Phone: 221-CLUE (2583) Leave a Messa
Phone: 221-2222 Military Police Desk

Take the Dare and Be Aware



Announcements

Basic Motorcycle Rider Course Available

A basic motorcycle rider course is available, at no charge, to service members who would like to learn how to ride. The BRC is the initial training for all motorcycle riders which provides basic motorcycle skills and prepares riders for licensing procedures. Visit the Installation Army Traffic Safety Training Program Web site at https://airs.lmi.org (Region=West; Garrison=Fort Sam Houston; Courses=(applicable course)) or call 221-3846.

Puppy Program Seeking Foster Families

The Department of Defense
Military Working Dog Puppy Program
is seeking foster Families who have
time and patience to foster a Belgian
Malinois puppy from 12 weeks to six
months of age and can provide a
stimulating and safe environment.
Puppies are required to come back to
Lackland once a month for vaccinations and evaluations. All of the supplies are provided through the program including crate, food and toys.
Contact 341trspp@lackland.af.mil.

Volunteers Needed

The American Red Cross office,

Building 2650, at the corner of Patch and Harney roads, seeks volunteers to do filing, mailings, answering the telephone, and other duties. Caremobile drivers also needed. Call 221-3355.

Cloverleaf Communicators

The club meets the first and third Thursday, 11:45 a.m.-1 p.m., at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members. Call 221-8785, 221-6517 or 916-3406.

BAMC Seeks Volunteers

Positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams and on the clinic and patient administration staff. Call 808-4982.

Scholarship for Performing Arts Competition

The Las Casas Foundation will distribute a minimum of \$60,000 in college scholarships to high school graduating seniors in a performing arts competition to be held May 16 at the Charline McCombs Empire Theatre in San Antonio. For applications, event information and audition requirements, go to http://www.lascasasfoundation.org and click on "Scholarship." Deadline for entries is Jan. 22. Call 223-4343 or e-mail lynn@lascasasfoundation.org.

Scholarships for Military Children

The Scholarship for Military

Children Program offers \$1,500 scholarships. Contact the local commissary, school guidance counselor, or visit http://www.militaryscholar. org or http://www.commissaries. com. Application deadline is Feb. 17. Call 221-4678 ext. 249.

SECDEF Employer Support Freedom Award

National Guard and reserve members and Families are encouraged to nominate employers who provide exceptional support of military employees. Nominations accepted at http://www.FreedomAward.mil by Jan. 18.

Calendar of Events

JAN. 21 MOAA Alamo Chapter Luncheon

The Alamo Chapter of the Military Officers Association of America will hold a luncheon Jan. 21, 11 a.m. at the Fort Sam Houston Golf Course, The guest speaker is Susan Morris, vice president, Health Policy and Governmental Affairs. Menu choice of mango chicken or cornbread stuffed pork with salad, potatoes, asparagus and apple pie, cost \$15. Call 228-9955 or e-mail moaa-ac@sbcglobal.net.

JAN. 23 Boerne Walk and Bike Events

The BTC Oddsports volksmarch club will host a 5k and 10k walk and

25k bike event starting between 8 a.m. and 1 p.m., finish by 4 p.m. at the Boerne Middle School South at No. 10 Cascade Caverns Rd., Boerne, Texas. Call 204-9301, e-mail btco@satx.rr.com or visit http://faculty.sulross.edu/cbaulch/in dex_files/Page615.htm.

JAN. 26 Officers' Wives' and Widows' Luncheon

The Officers' Wives' and Widows' Luncheon will be held Jan. 26 at 11 a.m. at the Sam Houston Club for the very last time. Mary Reynolds of Elegant Furs will show how furs can be restyled. For reservations, call 822-6559.

FEB. 3 RecruitMilitary Opportunity Expo

A free employment, entrepreneurship, and educational opportunity event will be held Feb. 3, 11 a.m.-3 p.m. at the Frank C. Erwin Jr. Events Center in Austin, Texas, for veterans, personnel who are transitioning from active duty, reserves, guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network. To register, visit http://www.recruitmilitary.com.

FEB. 8 ASMC Professional Development Symposium

The Alamo City Chapter of the

REMINDER CALENDAR

Jan. 23 Herobathon , 9 a.m.-noon, Jimmy Brought Fitness center

Jan. 26 Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club

Jan. 27 Fort Sam Houston Technology Exposition, 10 a.m.-2 p.m., Sam Houston Club

Jan. 28 Consolidated Monthly Retirement Ceremony, 7:45 a.m. at Army Community Service

Jan. 28 Mayor's Meeting, 10:30-11:30 a.m. at Main Resident Center, 407 Dickman Rd.

Jan. 28 American Cancer Society Relay-for- Life Central San Antonio Kick-Off, 6:30-8 p.m., Main Resident Center

Jan. 29 San Antonio Spurs Military Appreciation Night, 7:30 p.m., AT&T Center

Jan. 30 5K Run/Walk, 9 a.m., Jimmy Brought Fitness Center

American Society of Military Comptrollers will hold its annual Professional Development Symposium for 2010 Feb. 8-9 at the Education Services Center. Call 536-3311 or 573-6702.

APRIL 19 Texas Cavaliers' River Parade

The Texas Cavaliers' River
Parade will be held April 19 at 7:30
p.m. on the San Antonio River.
For tickets, call 227-4837.

News Leader survey online

Visit http://www.samhouston.army.mil/publicaffairs.

For more information, call 221-0615 or 221-2030.

PAGE 22 **NEWS LEADER** JANUARY 21, 2010



For Sale: Bose Acoustimass 6 Series II home theater system, \$200; bistro table with two chairs, \$20; steel gazebo, new in box, \$90; entertainment center, \$75; pot holder, new, \$50; split queen-size box spring, \$20. Call 717-713-4218.

For Sale: 2001 Yamaha V-Star. 35K miles, excellent condition, black with lots of extra chrome, cobra exhaust. hard bags, windshield, light bar, garage kept, new tires and brakes, \$3.975. Call 860-9217.

For Sale: Fur jacket, \$42: 3/4 length fur coat, \$1,768.00 new, asking \$675; colored television, \$48; gas barbecue grill, \$45; beveled wall mirrors, \$23-\$42; 10.5 foot by 14 foot beige carpet, \$70 obo; solid wood computer desk, 42 inches by 42 inches, \$125; basketballs, soccer balls, baseballs and tennis balls, single, 3-pack and 4-pack, prices vary; small black and white television with AM/FM radio, new, \$30. Call 313-0061

For Sale: AKC black Labrador Retriever puppies, 8 weeks old, dew claws removed, wormed and first shots given, sire and dam on premises, field champion bloodlines, \$425. Call 872-5155 or 830-438-

For Sale: Bike trailer for one or two children or pets, \$45; riding lawnmower, \$495; wagon, \$30; Cardioglider, new, \$175; custom pet house, \$175 obo, Call 633-2247.

For Sale: 1962 nova. four door, new parts, engine runs, \$1,200 obo; front grill for full-size truck, \$495; power

washer, 2,350 psi, 6.5 horse power, \$150: 80-gallon air compression. \$850; antique Honda project motorcycle, \$300 obo. Call 440-5062.

For Sale: Office desk. \$50: double chair, \$30; solid oak antique table, \$75; two antique iron wheels, \$50; pipe roofing, \$1 each piece. Call 550-7371.

For Sale: Tahoe cargo security shade, like new, \$65 obo; 3-year-old female yorkie, \$425; 4-foot-wide truck bed extender, \$225: Stetson brown felt hat, size 7, \$75; 10-gallon aquarium, \$30, Call 221-2690. For Sale: 2 1/2-year-old male Boxer, \$175 obo; baby back pack on frame, like new, \$30; porcelain dog dolls with clothes, 24 inches tall,

\$100. Call 633-3859. For Sale: Washburn bass guitar and amplifier, \$700 obo; Cosco lightweight stroller, \$12; Trends stroller, \$15; 2-year-old female Pekingese, shots and dewormed. \$325; various party decorations,

\$95; 3-foot-by-3-foot framed ballet

scene. \$100: framed Korean flag.

reasonably priced. Call 412-2151. **Lost:** Silver chain with four charms - a silver teardrop, a small gold sapphire stone, a gold charm "MOM" (vertically) and a little silver hedgehog, on Jan. 6 at the following possible locations on Stanley Road: Building 2792. Army Community Service, Fort Sam Welcome In/Out Processing Center or the parking across from each of the buildings. Reward for recovery, each charm has great sentimental value. Call 221-8305

Religious **Briefs**

Bible Club for Children

Faithweaver Friends is a kidfriendly program for children kinder-

garten to fifth grade, will be held Wednesdays, 3:45-5:30 p.m. at Dodd Field Chapel. Discovery Center activities and small caring groups build community, featuring crafts, music, snacks and games to drive the weekly Bible point home. To register, call 221-3749.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant 11 a.m. - Collective Protestant Jewish Services: 379-8666 or 493-6660 8 p.m. - Fridays - Worship and 8:30 p.m. -Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432 **Catholic Services:**

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study -Mondays

12:30 p.m. - Mass - Sundays **Protestant Services:**

10:30 a.m. - Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Chapel, Building 3600, 916-1105 Catholic Services:

8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays **Protestant Services:**

10 a.m. - Worship Service - Sundays Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor. 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays 6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362 32nd Medical Brigade Student services Catholic Mass: 8 a.m. - Sundays **Contemporary Protestant Service:** 9:30 a.m. and 11:01 a.m. - Sundays Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007 Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

Web site: http://www.samhouston.armv.mil/chaplain

News Leader survey online

Visit http://www.samhouston.army.mil/publicaffairs. For more information, call 221-0615 or 221-2030.